



Living Well

Take Charge of Your Health



Chronic Disease Self-Management (CDSMP)

FREE Peer Leader Training

The Living Well Program is a series of evidence based self-management programs that teach those with chronic illnesses how to better management their illness. These courses are facilitated by certified lay peer leaders. One such program is the Chronic Disease Self- Management Program (**CDSMP**) (a six week - 2.5 hours per week workshop) which employs strategies such as problem solving through discussion and action planning, brainstorming, relaxation, exercise, nutrition, medication management and more. Individuals participating in the leader training undergo a **24 hour** (4 days - 8 hours per day) training session to become certified as a Living Well - Chronic Disease Self-Management peer leader. Certified leaders will receive a \$150.00 stipend for completing the workshop.

Training Dates: September 29, October 1, 6, and 8, 2015

YOU MUST BE PRESENT FOR THE ENTIRE TRAINING - NO EXCEPTIONS

For more information, registration and location, please contact **410-396-1337**

Baltimore City Health Department
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